

Cushing Disease

► Personal history

رضا محمود female pt, 40 years old, from شبرا الخيمة , married and has 4 off springs, no special habit of medical importance.

► c/o

Progressive weight gain of 3 years duration.

► HPI

The condition started 9 years ago by **skin rash** at face, **loss of hair**, **dyspnea**, **odema of L.Ls** then the patient sought medical advice and investigated and diagnosed as a systemic lupus erythematosus and treated by cortisone.

3 years later, she experienced **headache**, **blurred vision**, **tinnitus** associated with **polyphagia**, **polyuria**, **polydypsia**. The patient sought medical advice and investigated, then diagnosed as HPN, DM and took medical ttt in the form of capozide, glucophage .

The patient complained of gradual onset, progressive course of **increased body weight** in last 3 years.

The patient also gives history of **generalized bony pain** and **difficulty in lifting heavy** objects and **tingling and numbness** in both hands and feet also increased in the last 3 years of her story.

No symptoms suggesting cardiovascular system affection

No menstrual troubles

No symptoms suggesting pulmonary T.B

No history of abdominal swellings

► Past history

No drugs, operation, disease (DM, HPN).

► Family history

- No consanguinity.
- No similar condition in family.
- No common disease in family.

► General exam

- **Temperature:** 37° c.
- **Bl. Pressure:** 160/90(with TTT).
- **Pulse:** Regular, 70 beat/minute, average volume, no special character, equal in both sides, intact peripheral pulsation, vessel wall is not felt, no radio-femoral delay.
- **Built:** Central Obesity.
- **Head:** Moon face, acne vulgaris (was), hirsutism (was), plethoric face, loose teeth, decreases acuity of vision.
- **Neck:** buffalo hump, supra-clavicular pads of fat.
- **Mentality:** The patient is fully conscious, well oriented for time, place and person. Average mood and memory. The patient is co-operative with average intelligence.

► Other Systems

- **Skin:** thin, stria rubra, no pigmentation, no diabetic skin changes, no purpura, no acne or hirsutism.
- **Cardio:** search for signs of HTN and HF (cardio)
- **Bone:** there is generalized bony tenderness and crepitus with joint movements.
- **Neuromuscular:** search for myopathy, neuropathy (Neuro).
- **Chest :** search for T.B(chest)
- **Abdomen:** no mass in renal angle (adrenal), No masses in abdomen by inspection, palpation (ovarian masses, paramalignant).

► Investigation

Investigation to suspect case:

- CBC: ↑ RBCs, ↓ eosinophil, lymphocyte
- Blood level of : ↑ NA, ↓ K, ↑ Bl. Glucose.
- Level of cortisol at morning (8 am) at night (11pm).
- Level of 17OH CS in urine, free cortisol.
- Overnight dexamethasone suppression test.
- U.S, x-ray abdomen.
- CT, x-ray, MRI skull.

► Treatment

Stop exogenous cortisol gradually or try to moderate the dose to the lowest effective dose.

► Diagnosis :

A case of obesity + HTN+ DM for D.D most probably cushinoid .

- ❖ Central obesity
- ❖ Purpura
- ❖ Stria rubra
- ❖ Myopathy
- ❖ Osteoporosis

❖ أسئلة للعيان :
الوزن - الضغط - السكر